



Select Preschool Health and Nutrition Curricula



Overview of Six Curricula Programs Available to Child Care Providers

Healthy Start – This is a 12-unit curriculum centered on the child, environment, and family. *Healthy Start* helps to ensure that the roots of a healthy lifestyle are planted firmly when it matters most: early childhood. Children discover concepts and practice behaviors through stories, songs, rhymes, art projects, and activities. Topics include eating for health, enjoying active play every day, getting along with others, feeling good about “me,” safety and care of the body, saying no to drugs and smoking, taking care of the environment, and staying safe in the sun. The Healthy Start website is <http://www.healthy-start.com>.

CATCH Early Childhood (CEC) – *It’s Fun to Be Healthy Binder and Activity Box*. CEC is designed to nurture a love of healthy eating habits and exercise in children ages three to five years. CEC helps provide an environment where physical activity, health education, and proper nutrition are valued and encouraged. There are nine classroom lessons to encourage healthy eating and activity plus Parent Tip Sheets with coloring activities, recipe ideas, and additional information (www.CATCHinfo.org).

NEAT Solutions for Healthy Children – Early Sprouts, Cultivating Healthy Food Choices in Young Children – This is a 24-week curriculum that goes beyond teaching preschoolers about nutrition. The goal is to increase children’s taste preferences for vegetables. The “seed-to-table” approach combines gardening, sensory explorations, recipes, and family involvement to promote healthy eating during the early years when children’s food choices are being established. (www.earlysprouts.org).

LANA – Learning About Nutrition Through Activities – The LANA Preschool Program includes six week-long theme units offered once each month in place of your regular weekly curriculum. These theme units provide a special focus on fruits and vegetables by including related stories and classroom activities in addition to the weekly cooking and tasting activities. The theme units also provide family resources to help connect families with program messages. Free training materials are available on the website. (<http://www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/nutritioneducation/landa/index.html>).

Grow it, Try It, Like It – This is a garden-themed nutrition education kit for child care center staff that introduces children to three fruits (peaches, strawberries, and cantaloupe) and three vegetables (spinach, sweet potatoes, and squash). Each set of lessons contain: hands-on planting and nutrition education activities. There are fun parent/child activities and family-sized recipes that give tips for cooking with children at home. Materials can be downloaded from the website (<http://teamnutrition.usda.gov/resources/growit.html>).

Color Me Healthy – *Color Me Healthy* is a nutrition and physical activity program for preschoolers ages four and five. It uses color, music, and exploration of the senses to help children learn that healthy eating and physical activity are fun. It includes lesson plans, a music CD, and parent newsletters. Materials can be downloaded from the website (www.colormehealthy.com).